

# Massage for pregnant women is simple but effective

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Pregnancy has a significant impact on a woman's body - from body aches and physical stress to the heightened emotions when welcoming a baby. Husbands, relatives and friends can support pregnant mothers with gentle massage methods. According to research, massage during pregnancy properly can help pregnant mothers relax more and bring many other health benefits.

Below are massage techniques for pregnant women that you can do right at home.

## First, make sure the pregnant mother is in the most comfortable position



Pregnant women should avoid lying on their backs during massage. The weight of the fetus and uterus can compress the blood vessels in that location, easily reducing the amount of blood transmitted to the placenta.

The safest and most comfortable massage position for pregnant mothers is lying on one side with a pillow supporting the head, abdomen and legs. Pregnant women can also kneel on the floor while resting their arms on the bed or an exercise ball in front of them.

## Massage neck and shoulders to relieve pressure and tension

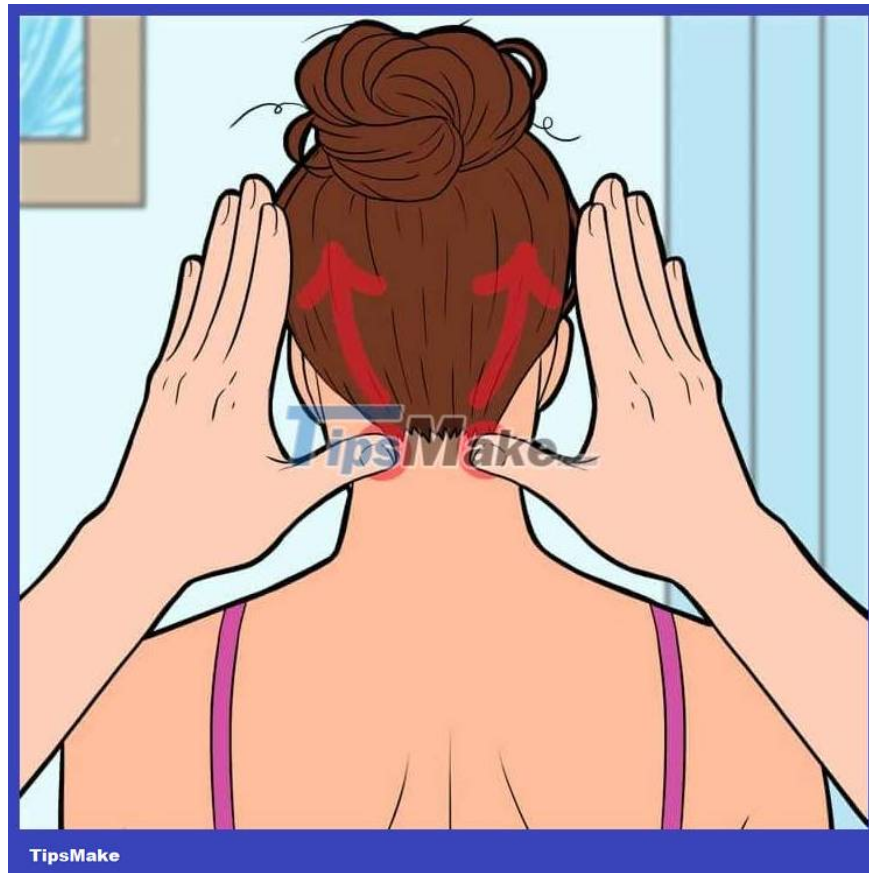


During pregnancy, the back and neck are put under a lot of pressure as they try to adapt to the body's changing center of gravity. Your muscles may be sore, but there are ways to reduce 'stress' on them.

Start by cupping a hand on the pregnant woman's shoulder, at the intersection of the shoulder and neck. Slowly slide your hands up the base of your head, then down your shoulders on the outward side. For balance, do the same thing with the other shoulder with your other trowel.

You can apply pressure to the area of ??muscle tension. You can also move your hand up and down your arm to massage.

## Scalp massage promotes blood circulation



Place your hands around your head, behind your ears. Then, gently move your hands in a circular motion, then move up through your hair and down to your neck. Use your fingers to gently press the scalp.

A husband massaging his wife will not only relax her but also increase their emotional bond.

**Massage the back or sides of the spine to relieve muscle pain**



A growing belly can cause back pain. Therefore, this massage can help the body relax and feel comfortable. Basically, pregnant women just need to lie on one side, placing your hands on either side of the spine. Then, gently stroke up & down the back with your palm or fingers.

Back massage can also provide other benefits such as regulating hormones, reducing the risk of swelling, improving blood flow and sleep quality.

**Massage your legs and feet to help reduce pain and swelling, but don't use too much pressure**



One of the changes that occurs in a woman's body during pregnancy is reduced blood circulation. As a result, blood flow to the legs often slows, putting pregnant women at risk of blood clots. However, if you have a strong impact on your legs, it can easily cause broken blood vessels and even complications.

The best way to massage your feet is to use your palms to rub up and down. You can also massage a pregnant woman's feet with your hands or use your fingers to gently press near the toes and ankles. Gently pulling your toes or gently rubbing the area between your toes can also help pregnant women feel comfortable.

## Things to absolutely avoid when massaging pregnant women

1. Do not massage the abdomen.
2. Avoid massage during the first 3 months of pregnancy.
3. Consult a doctor before massage if the pregnant woman has health problems.
4. Avoid using aromatic essential oils.
5. When you see unusual signs, stop massage immediately.
6. If you're not confident, find a massage expert.

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